# Learning from Experience.

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## Preparing for exams.

- Start now
- Revision guides
- Revision timetable. Set yourself goals each week but make it flexible
- Know your exam boards and specifications



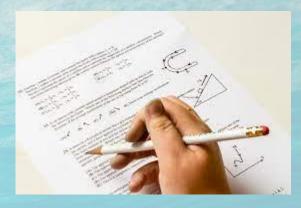






#### What worked for us.

- Flash cards
- Past papers (know the content)
- Mark schemes
- Examiner reports







#### Definite things to avoid.

- Distractions Your phone.
- Revising for too long (20 minute blocks and mix it up).
- Shunning your least favourites.
- Do not compare yourself.





#### On the day and during exams

- It's not as stressful as you think
- Use your revision aide's to prompt, you won't learn anymore
- It's not a competition. Don't compare yourself!
- Focus on what you need, not others needs
- Don't talk to others about how the exam went
- Be proud of yourself!



## The most important thing about this is you.

- Use of breaks be realistic about when you are going to revise
- If you have part time jobs let your boss know
- Talk, use all of the support network around you
- Parents, support your children

